

## Daily Affirmations- January 2016

**Affirmations** are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

**Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

**Affirmations** support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

**Affirmations** are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Friday, Jan. 1 <sup>st</sup>	2016: The year of You!
Sat., Jan. 2 <sup>nd</sup>	You are worth it.
Sunday, Jan. 3 <sup>rd</sup>	I respect the rights, dignity and property of others.
Mon., Jan. 4 <sup>th</sup>	Each second, each minute, all the hours in the day are valuable.
Tues., Jan. 5 <sup>th</sup>	One step at a time. I am stronger every day.
Wed., Jan. 6 <sup>th</sup>	Always look to the light. Push for better days.
Thurs., Jan. 7 <sup>th</sup>	Build a bridge over these troubled waters.
Friday, Jan. 8 <sup>th</sup>	Have the heart of a lion.
Sat., Jan. 9 <sup>th</sup>	I am a soldier. I keep my head up.
Sunday, Jan. 10 <sup>th</sup>	God grant me the courage to change the things I can.
Monday, Jan. 11 <sup>th</sup>	Live and let live.
Tues., Jan. 12 <sup>th</sup>	I'm going to do it! I've put my mind to it.
Wed., Jan. 13 <sup>th</sup>	Silence is sometimes the best response.
Thurs., Jan. 14 <sup>th</sup>	Smile. You are beautiful.
Friday, Jan. 15 <sup>th</sup>	Every saint has a past; every sinner a future.
Sat., Jan. 16 <sup>th</sup>	My love for my children motivates change.
Sunday, Jan. 17 <sup>th</sup>	God doesn't make junk. I am somebody.
Monday, Jan. 18 <sup>th</sup>	I don't sweat the small stuff.
Tues., Jan. 19 <sup>th</sup>	Make different choices and achieve different results.
Wed., Jan. 20 <sup>th</sup>	Always have hope.
Thurs. Jan. 21 <sup>st</sup>	We are not just survivors. We are overcomers!!
Friday, Jan. 22 <sup>nd</sup>	My outlook on life is not affected by what others say.
Sat., Jan. 23 <sup>rd</sup>	Love yourself. Believe in yourself.
Sunday, Jan. 24 <sup>th</sup>	Jesus only gives you what you are capable of handling.
Mon., Jan. 25 <sup>th</sup>	It is what you make it. Make it your own, and own it!
Tues., Jan. 26 <sup>th</sup>	Never give up!
Wed., Jan. 27 <sup>th</sup>	To be aware is to be alive.
Thurs., Jan. 28 <sup>th</sup>	This too shall pass.
Fri., Jan. 29 <sup>th</sup>	Life is precious.
Sat., Jan. 30 <sup>th</sup>	Everything happens for a reason.
Sunday, Jan. 31 <sup>st</sup>	Give it all to God. Let Him work it out.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

**In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.**

**Recovery is a process, not a destination. It works if you work it!**